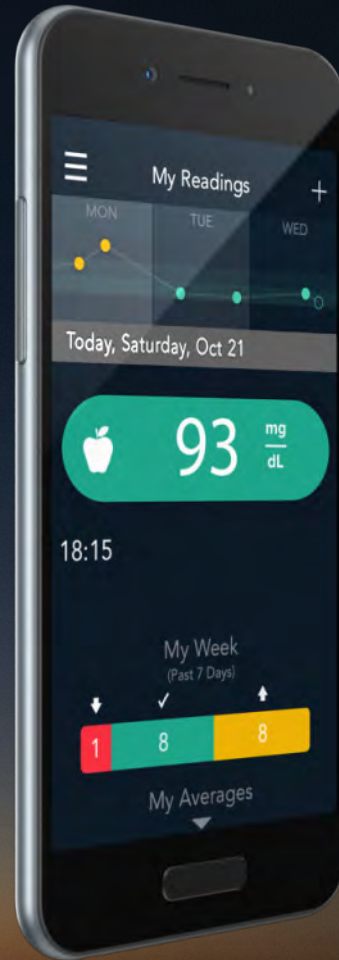




Contour[®] plus ONE⁾⁾

Blood Glucose
Monitoring System

Setting up the **CONTOUR™ DIABETES** app



Contour.
plus **ONE**»
Blood Glucose
Monitoring System

Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

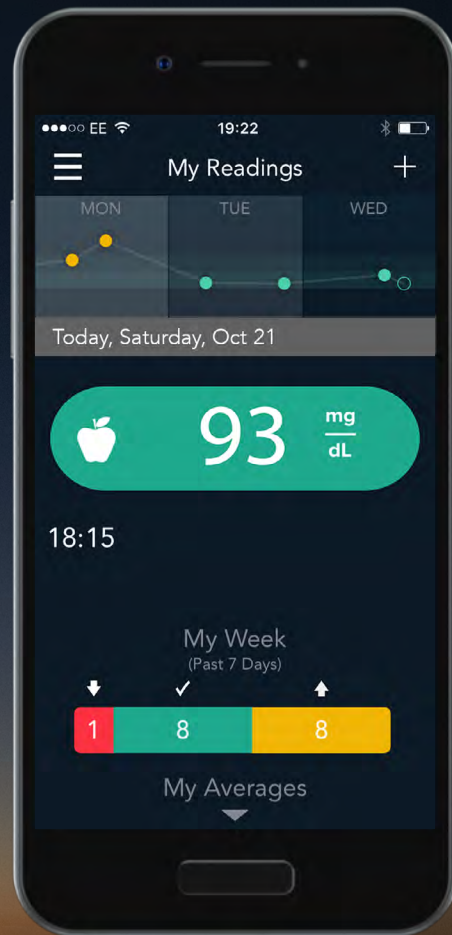
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diabetes.ascensia.com

Setup Process

The first time you use the **CONTOUR DIABETES app**, you will be asked to complete the Setup process to customize your settings.

Once you have created your account and paired a meter to your mobile device you will then be taken through the Setup process.

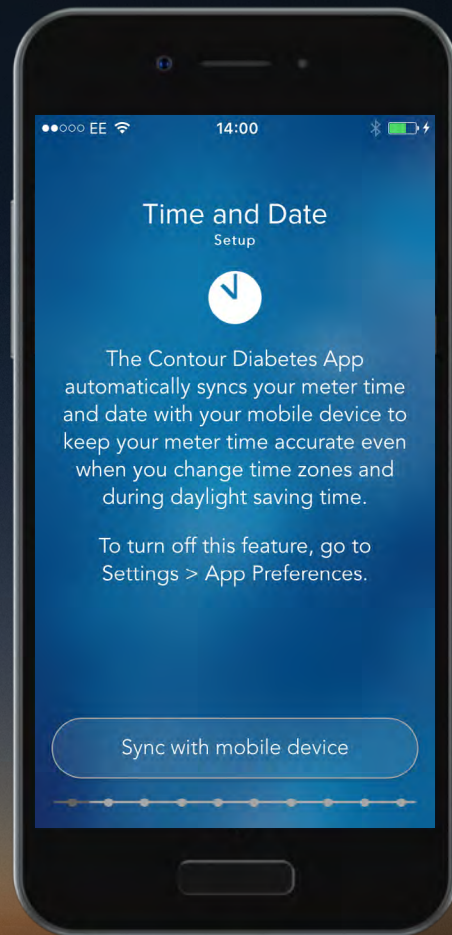


Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

1.

Time and Date

The **CONTOUR DIABETES app** automatically syncs your meter Time and Date with your mobile device to keep your meter time accurate even when you change time zones and during daylight saving time.



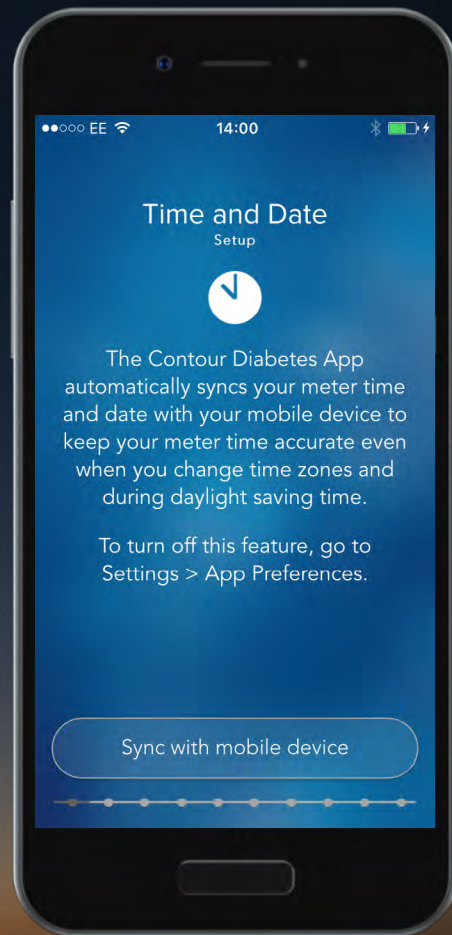
Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

2.

Time and Date

Select 'Sync with mobile device' to set your local Time and Date for accurate time stamps on your blood sugar readings.

Select 'Continue'.



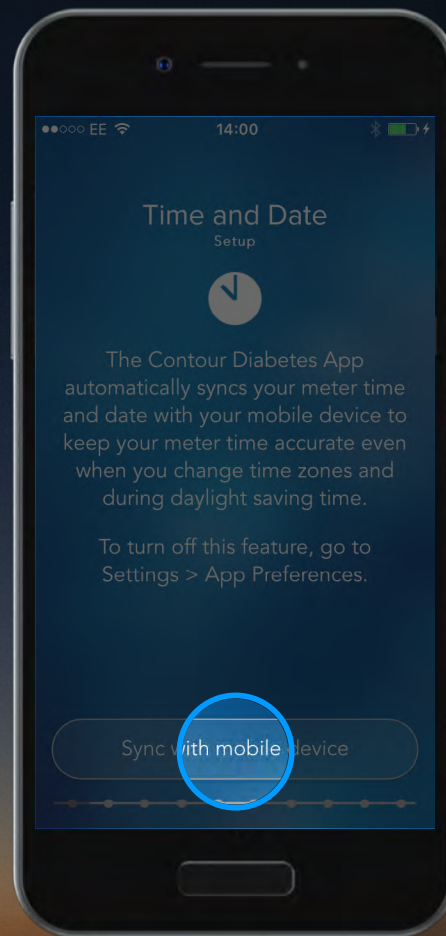
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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Time and Date

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Select 'Continue'.



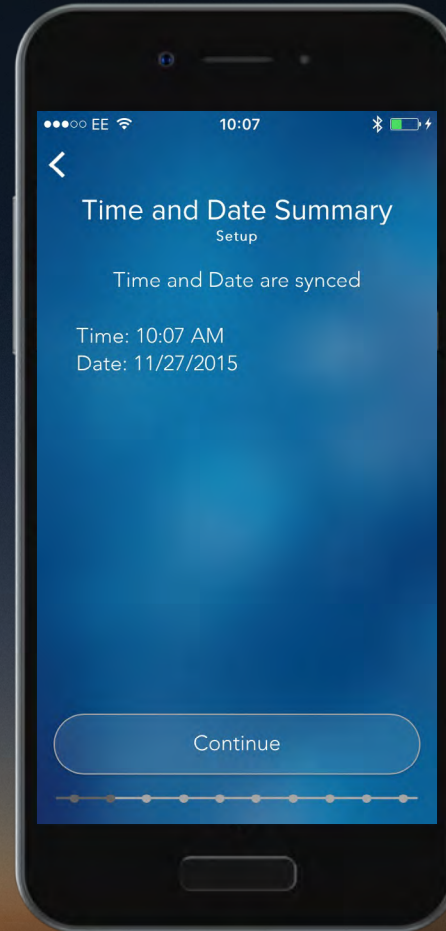
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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Select 'Sync with mobile device' to set your local Time and Date for accurate time stamps on your blood sugar readings.

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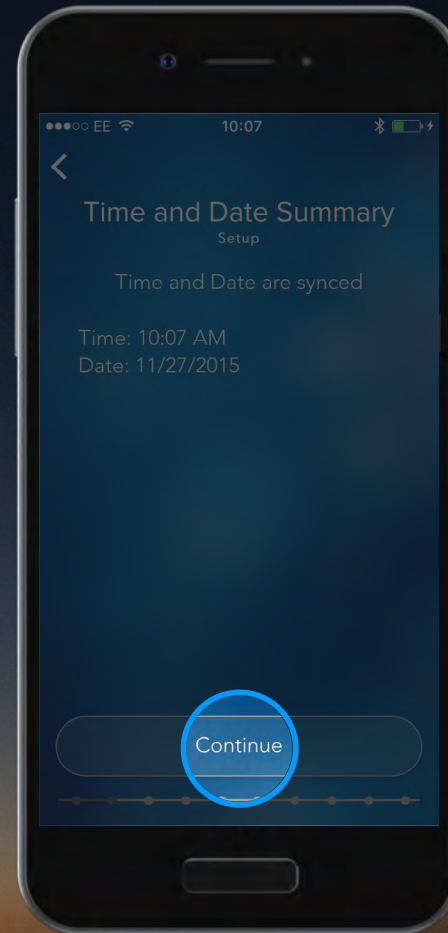
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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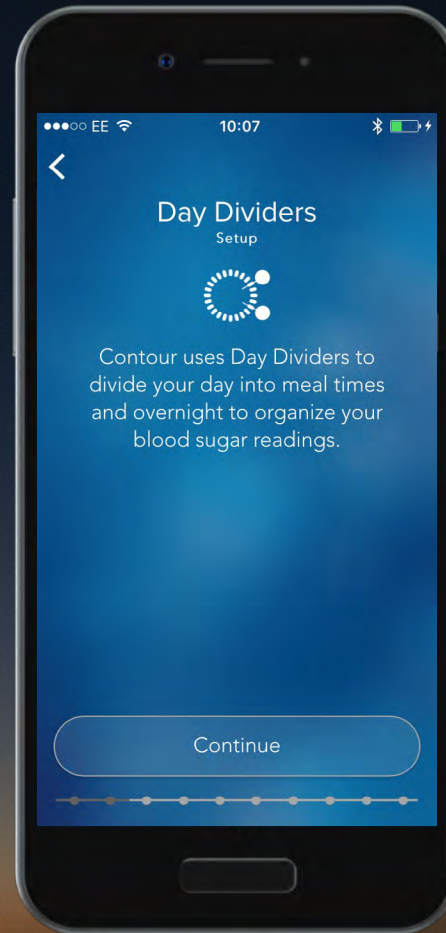
Contour[®]
plus ONE[™]
Blood Glucose
Monitoring System

3.

Day Dividers

The **CONTOUR DIABETES app** uses Day Dividers to divide your day into meal times and overnight to organize your blood glucose readings.

Select '**Continue**' to set your Day Dividers.



Contour[®]
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Blood Glucose
Monitoring System

3.

Day Dividers

The **CONTOUR DIABETES app** uses Day Dividers to divide your day into meal times and overnight to organize your blood glucose readings.

Select '**Continue**' to set your Day Dividers.



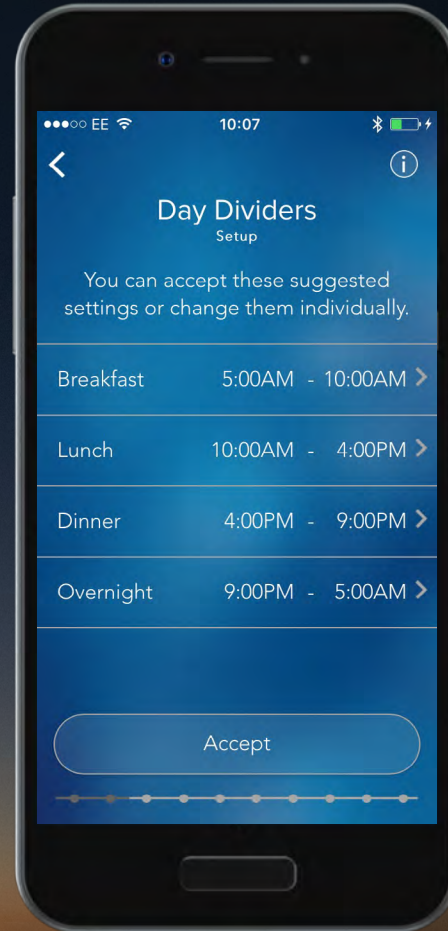
Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

4.

Day Dividers

You can accept the suggested times by selecting 'Accept'.

Tap the 'arrow' next to each divider to view or change it.



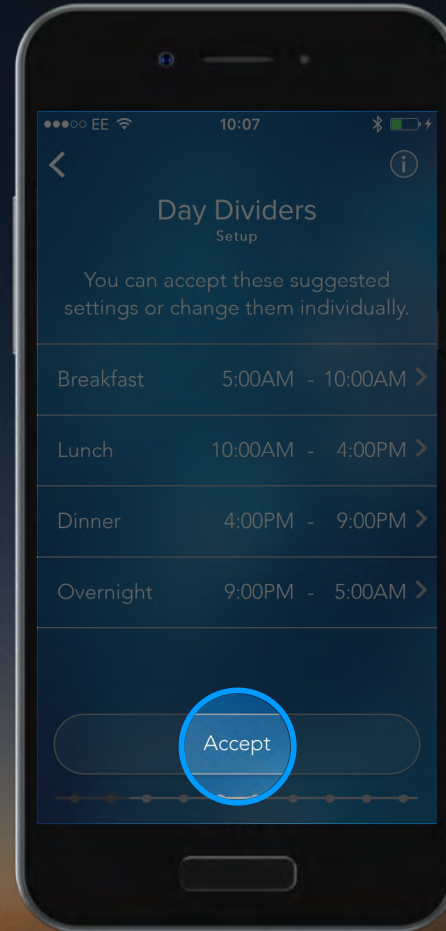
Contour[®]
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Blood Glucose
Monitoring System

4.

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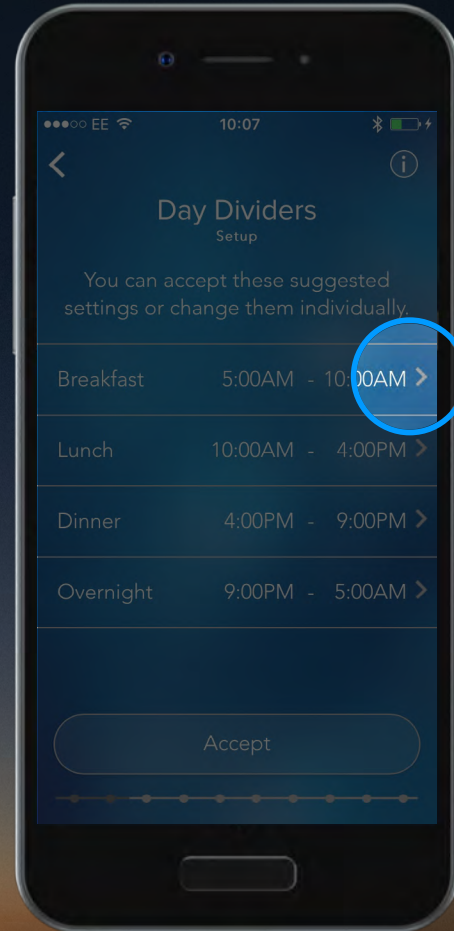
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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Tap the 'arrow' next to each divider to view or change it.



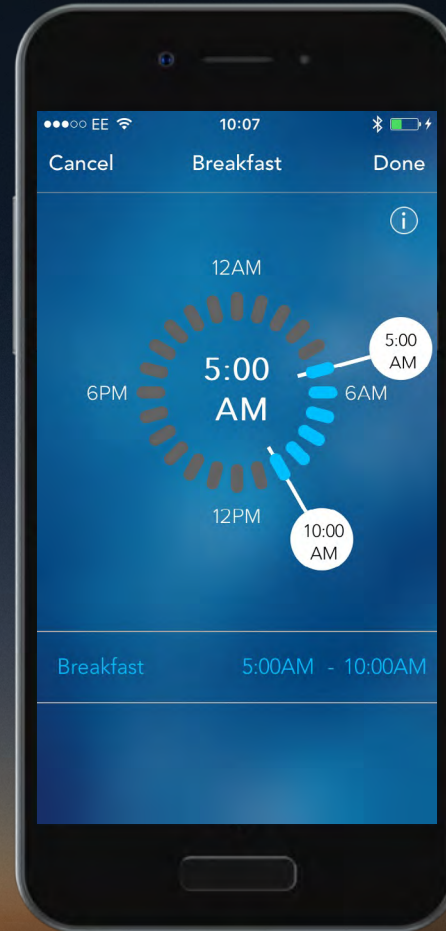
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

5.

Day Dividers

Slide the time marker around the clock face to change the time.

Select 'Done' when you have finished.



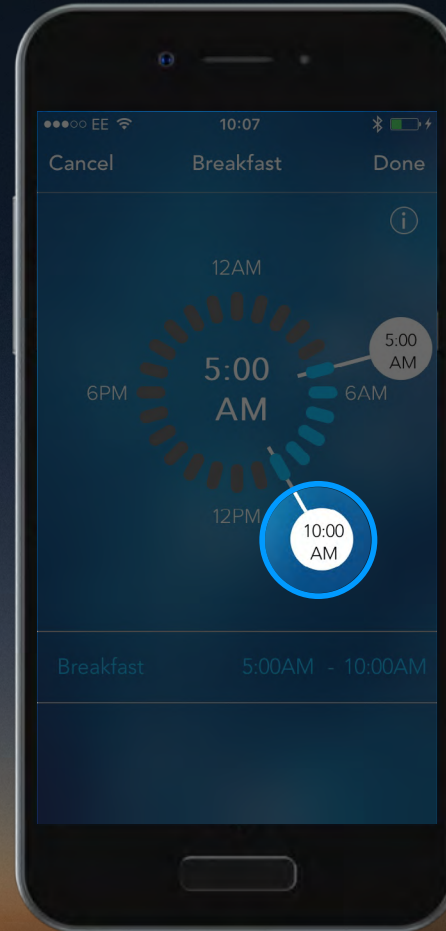
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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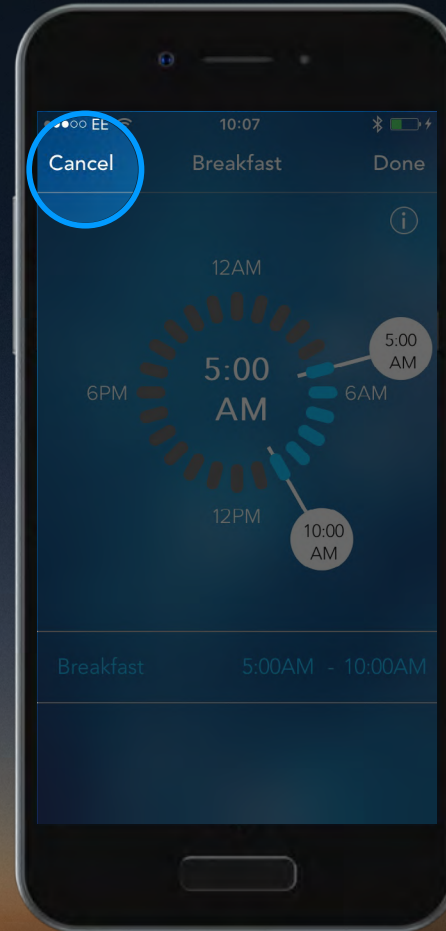
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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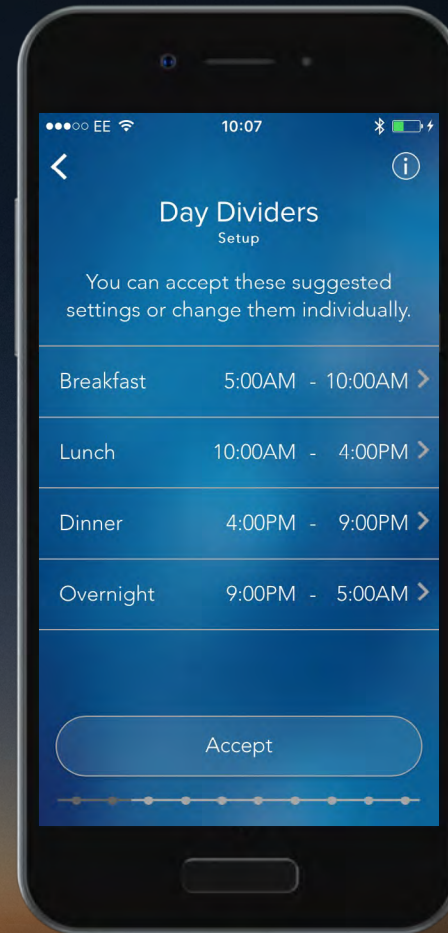


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

6.

Day Dividers

Select 'Accept' to confirm your chosen timings.

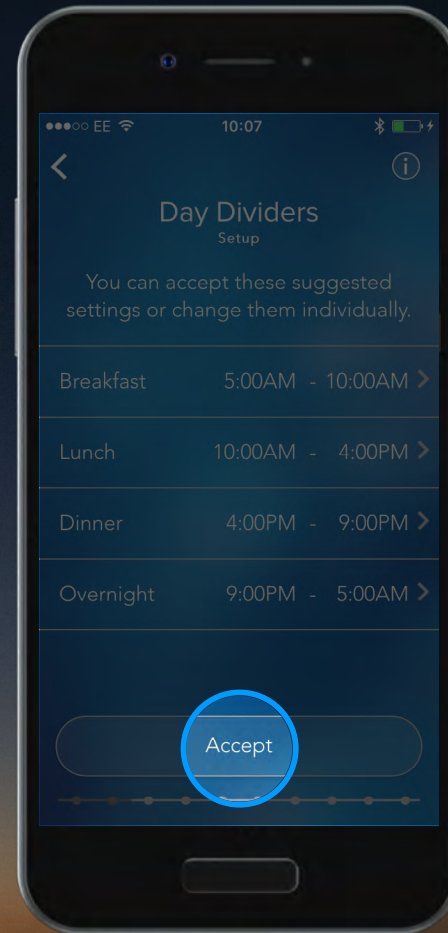


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

6.

Day Dividers

Select 'Accept' to confirm your chosen timings.

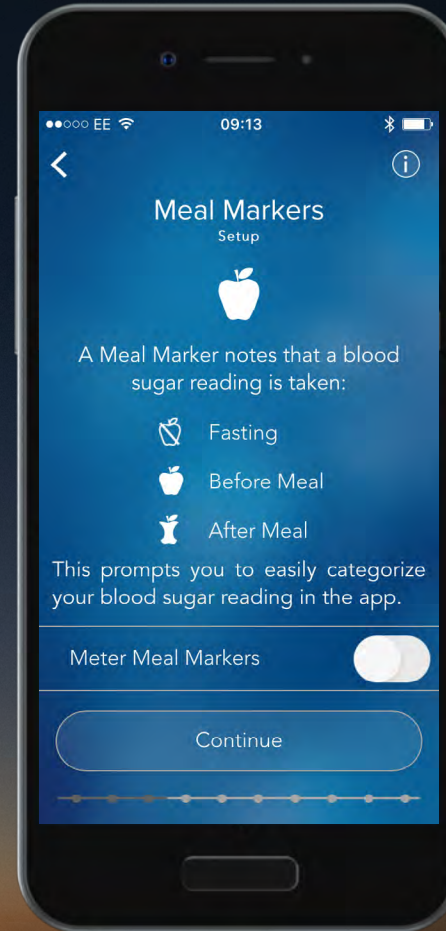


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

7.

Meal Markers

The **CONTOUR DIABETES app** uses Meal Markers to note when a blood glucose reading is taken in relation to a meal.



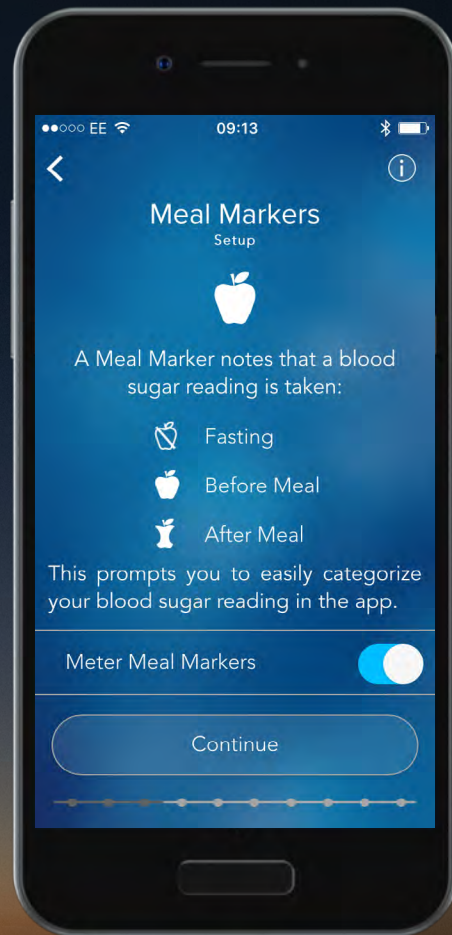
Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

8.

Meal Markers

You can always categorize your blood glucose readings with meal markers in the app.

If you prefer to meal mark on your meter after each test, select the **'toggle button'** to turn meal markers on and then select **'Continue'**.



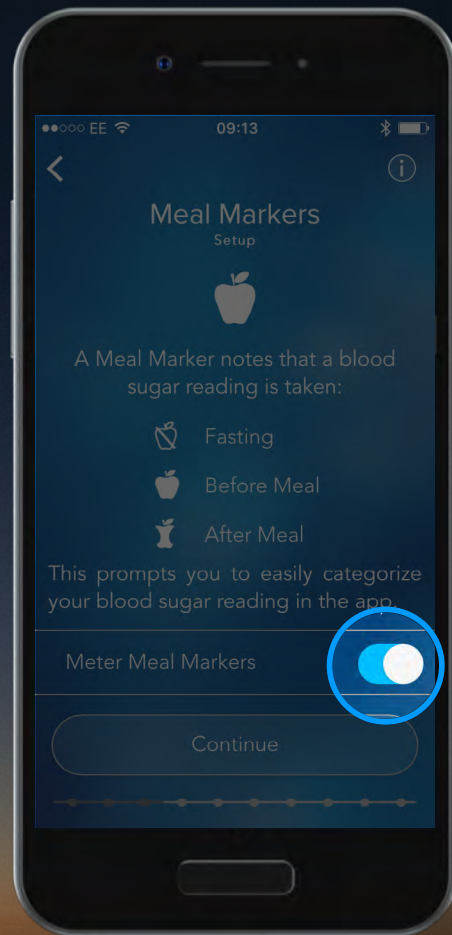
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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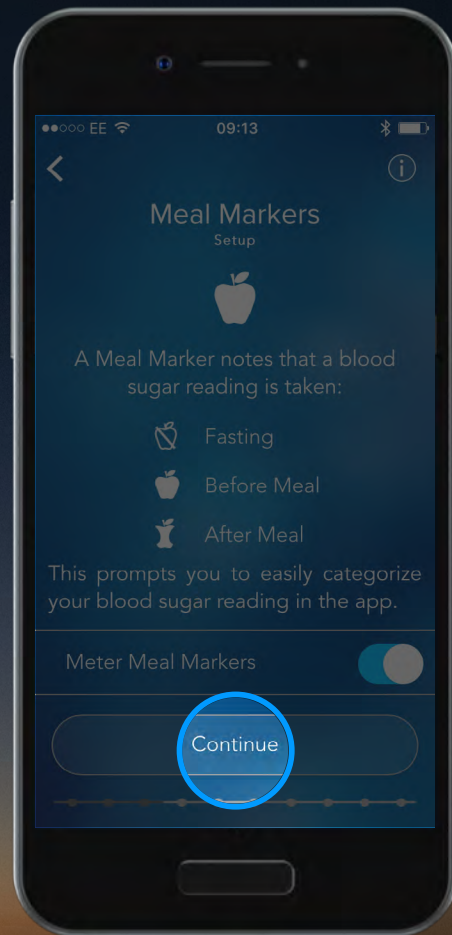
Contour[®]
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Blood Glucose
Monitoring System

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Monitoring System

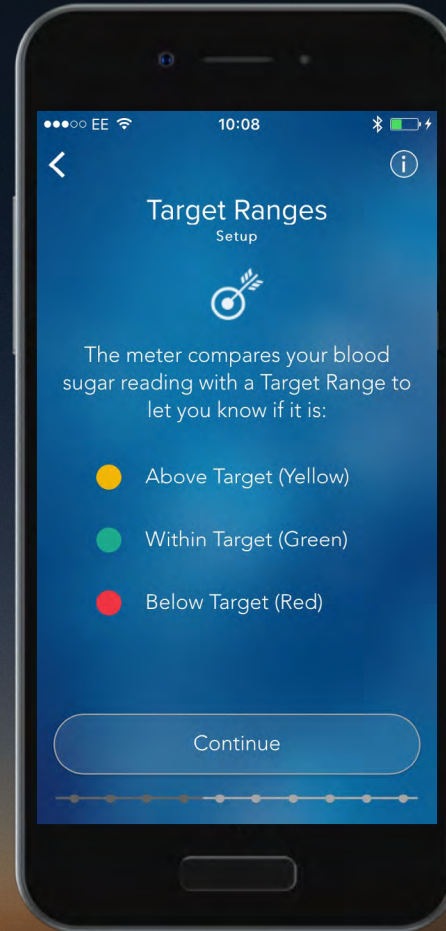
9.

Target Ranges

The **CONTOUR DIABETES app** compares your blood glucose reading with a Target Range to let you know if it is above, within or below target.

Select '**Continue**' to set your Target Ranges.

WARNING - Talk to your Health Care Professional before setting any Target Ranges in the **CONTOUR DIABETES app**.



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plus **ONE**»
Blood Glucose
Monitoring System

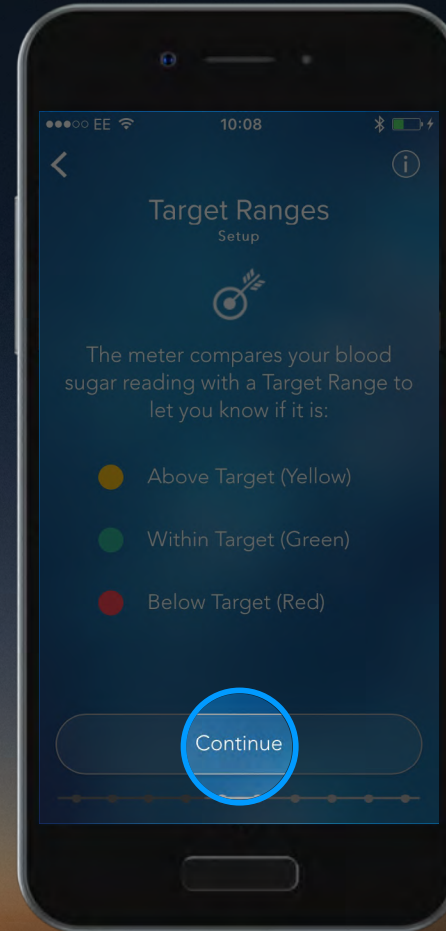
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Select '**Continue**' to set your Target Ranges.

WARNING - Talk to your Health Care Professional before setting any Target Ranges in the **CONTOUR DIABETES app**.



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Blood Glucose
Monitoring System

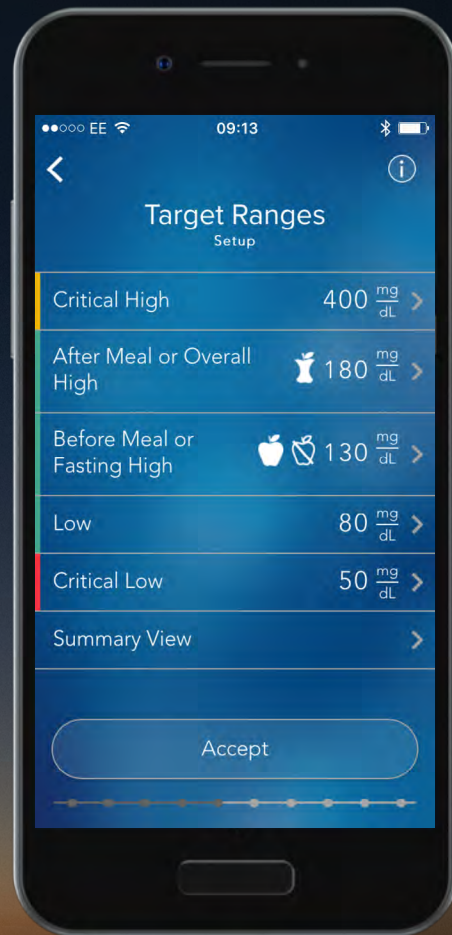
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Select '**Continue**' to set your Target Ranges.

WARNING - Talk to your Health Care Professional before setting any Target Ranges in the **CONTOUR DIABETES app**.



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Blood Glucose
Monitoring System

10.

Target Ranges

You can accept the pre-set ranges by selecting 'Accept'.

Tap the 'arrow' next to each divider to view or change it.



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plus ONE[»]
Blood Glucose
Monitoring System

10.

Target Ranges

You can accept the pre-set ranges by selecting 'Accept'.

Tap the 'arrow' next to each divider to view or change it.

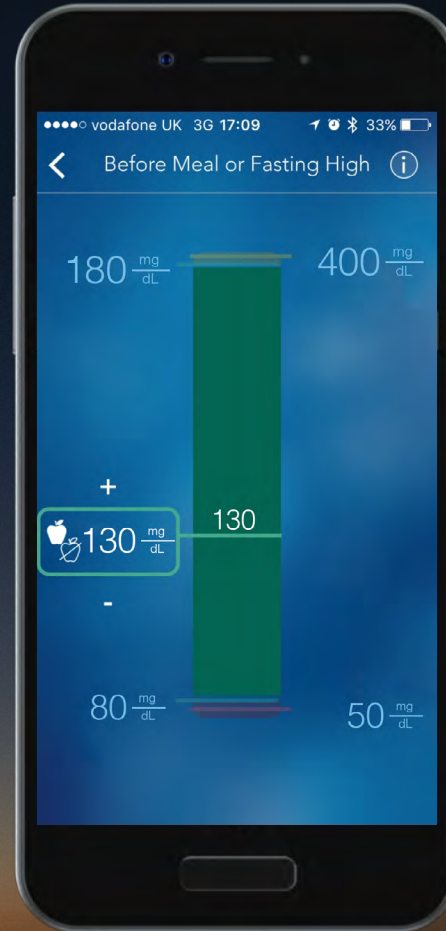


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11.

Target Ranges

Slide the target value up and down to change a Target Range, or accept the pre-set Target Ranges.



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11.

Target Ranges

Slide the target value up and down to change a Target Range, or accept the pre-set Target Ranges.

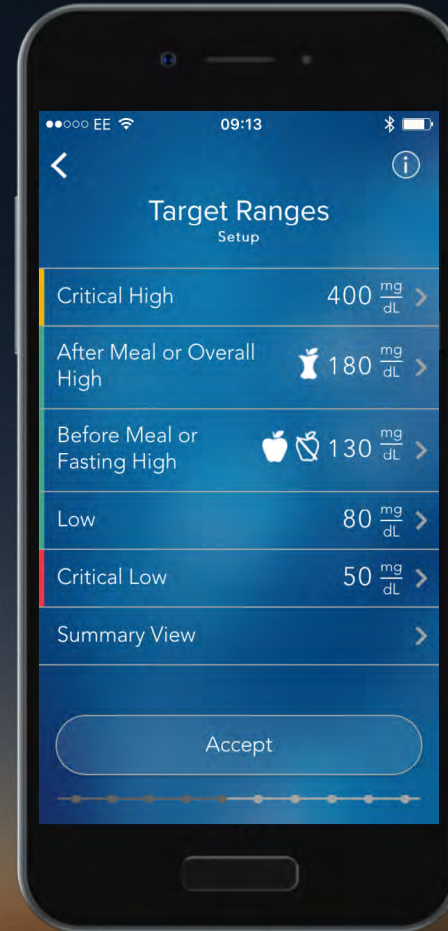


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Blood Glucose
Monitoring System

12.

Target Ranges

Select 'Accept' to set your Target Ranges.



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Blood Glucose
Monitoring System

12.

Target Ranges

Select 'Accept' to set your Target Ranges.

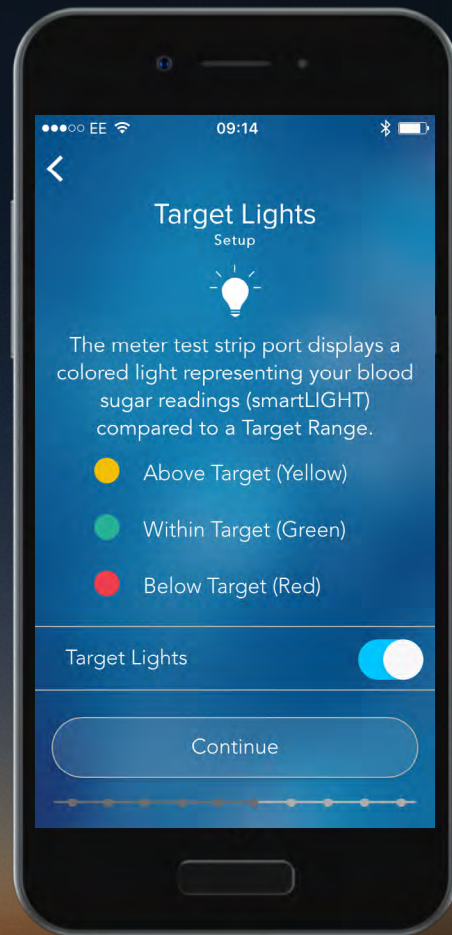


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plus ONE[»]
Blood Glucose
Monitoring System

13.

Target Lights

The **CONTOUR® PLUS ONE** smart meter test strip port displays a colored light representing your blood glucose reading compared to a Target Range.



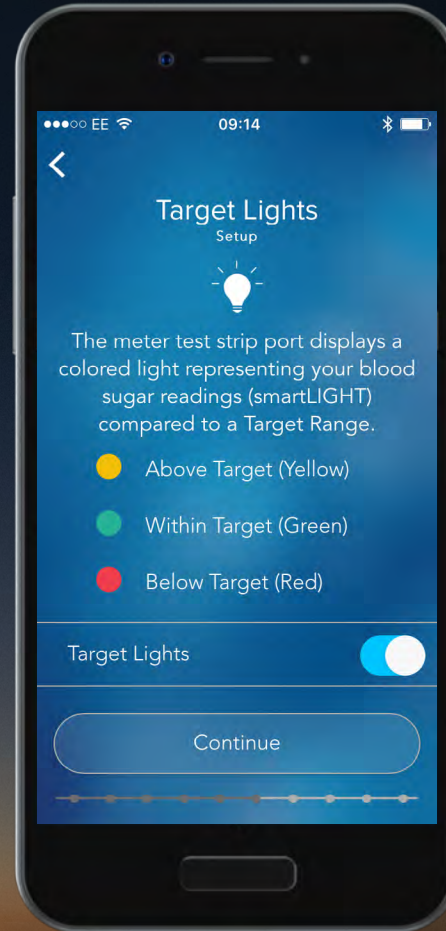
Contour®
plus ONE»
Blood Glucose
Monitoring System

14.

Target Lights

Tap the toggle button to turn Target Lights on and off.

Select 'Continue' to set.



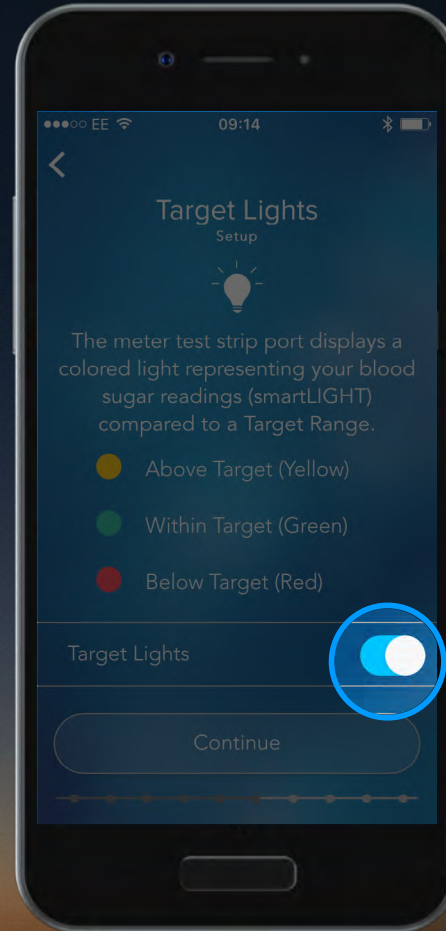
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

14.

Target Lights

Tap the toggle button to turn Target Lights on and off.

Select 'Continue' to set.



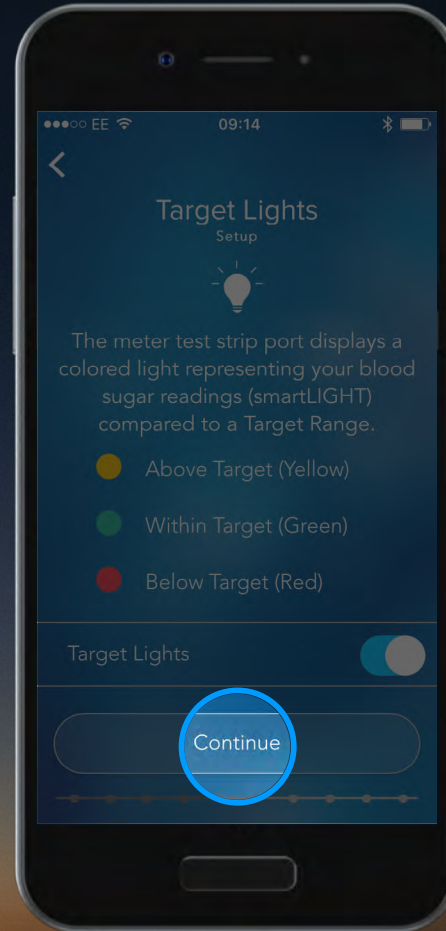
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

14.

Target Lights

Tap the toggle button to turn Target Lights on and off.

Select 'Continue' to set.



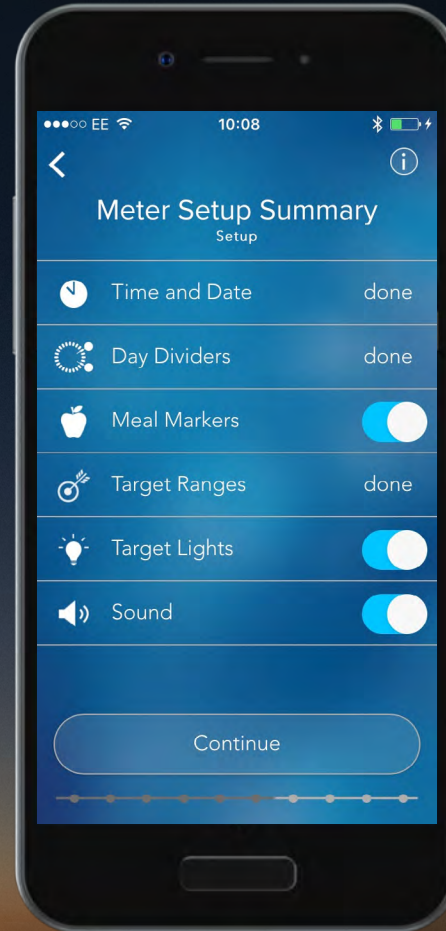
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

15.

Meter Setup Summary

Once you have finished the initial meter set up, a summary screen appears.

Select 'Continue' to confirm, or tap the toggle buttons to turn meter settings on or off.



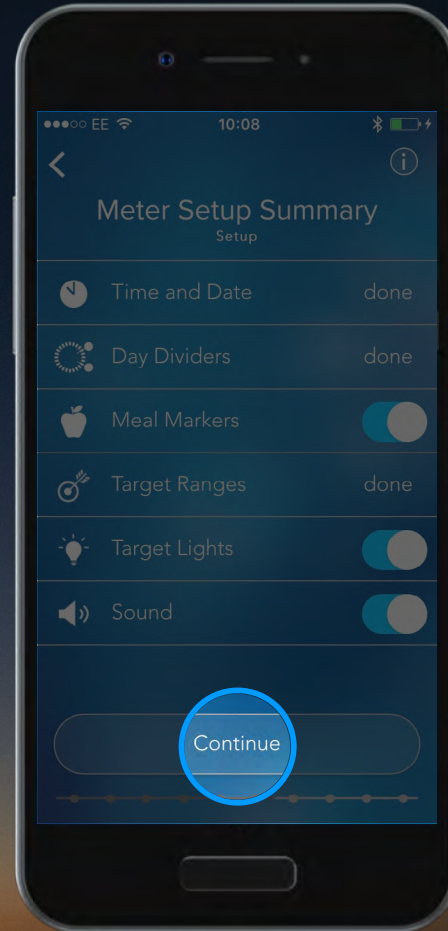
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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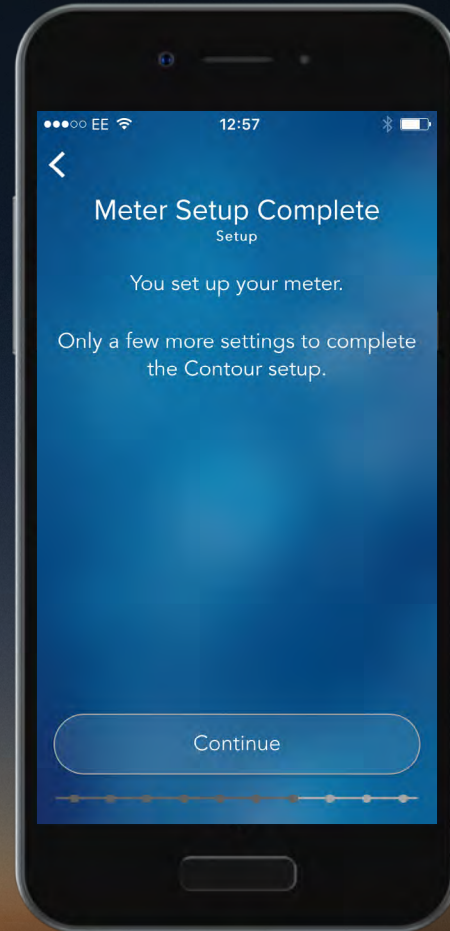


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

16.

Meter Setup Summary

Now select 'Continue' to complete your **CONTOUR DIABETES app** setup.

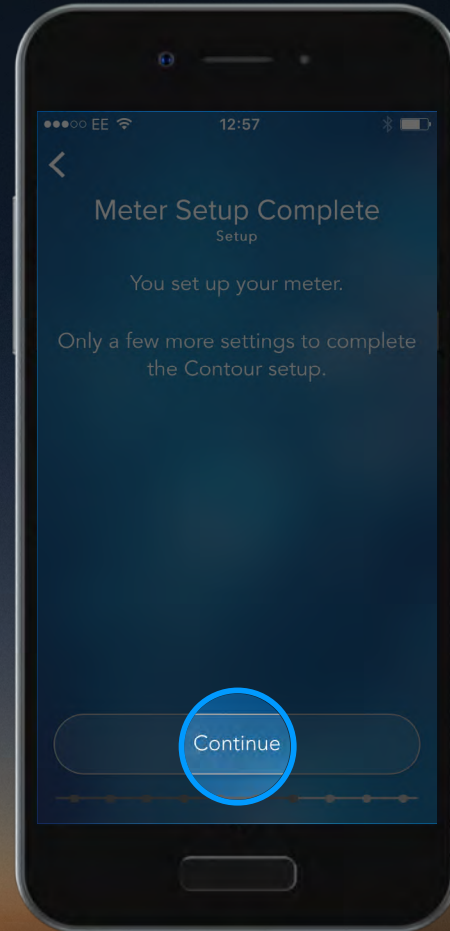


Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

16.

Meter Setup Summary

Now select 'Continue' to complete your **CONTOUR DIABETES app** setup.



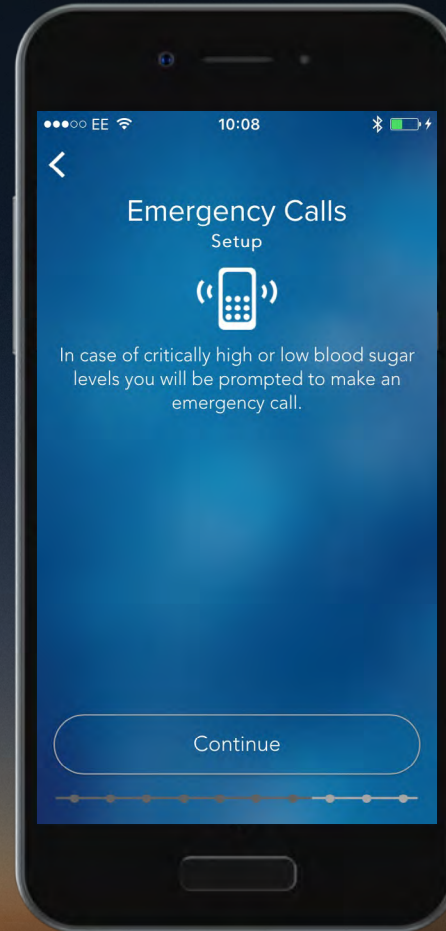
Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

17.

Emergency Calls

The **CONTOUR DIABETES app** prompts you to make an emergency call in the case of critically high or critically low blood glucose levels.

Select '**Continue**' to set up your local emergency number.



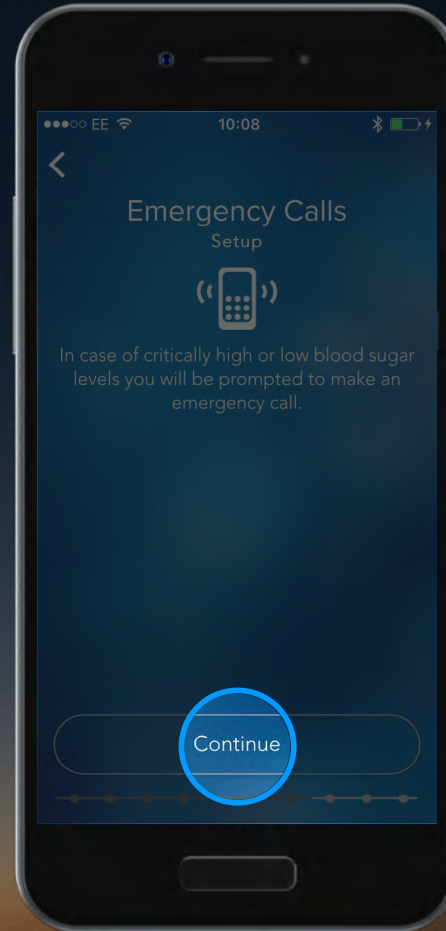
Contour[®]
plus **ONE**[™]
Blood Glucose
Monitoring System

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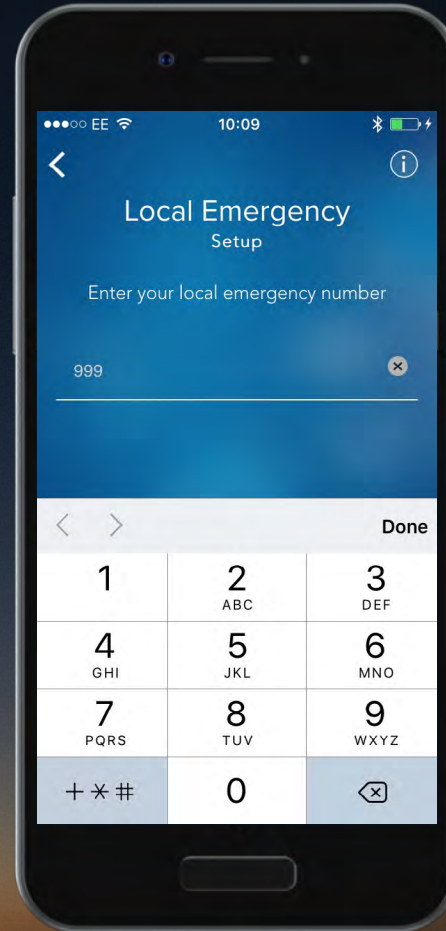


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Blood Glucose
Monitoring System

18.

Emergency Calls

Select your local emergency number using the keyboard and select 'Done' when complete.

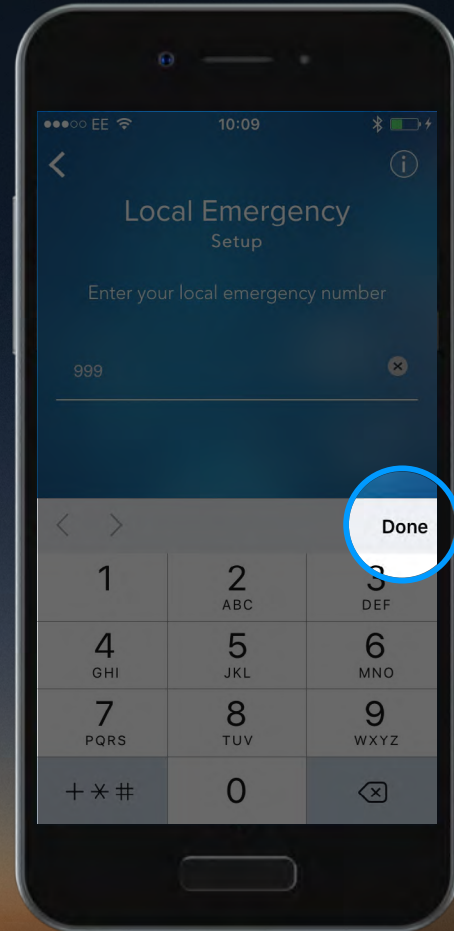


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Blood Glucose
Monitoring System

18.

Emergency Calls

Select your local emergency number using the keyboard and select 'Done' when complete.

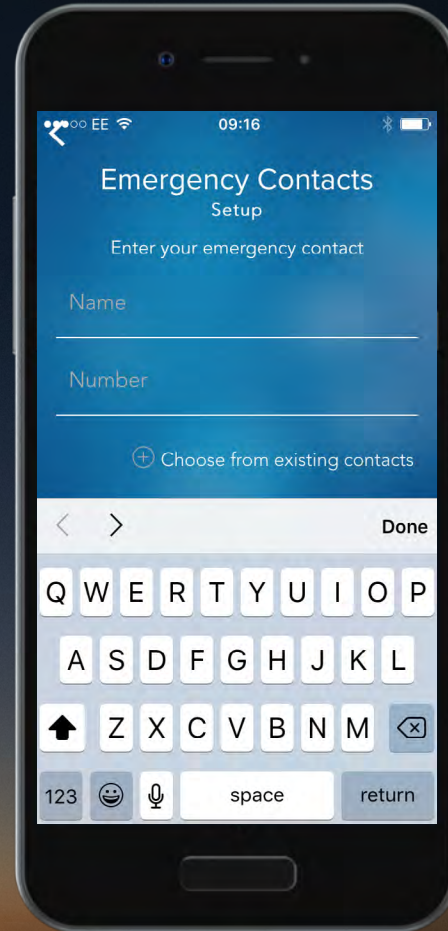


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Monitoring System

19.

Emergency Contacts

The **CONTOUR DIABETES app** displays your Emergency Contacts when your blood glucose reaches a critical high or low level.



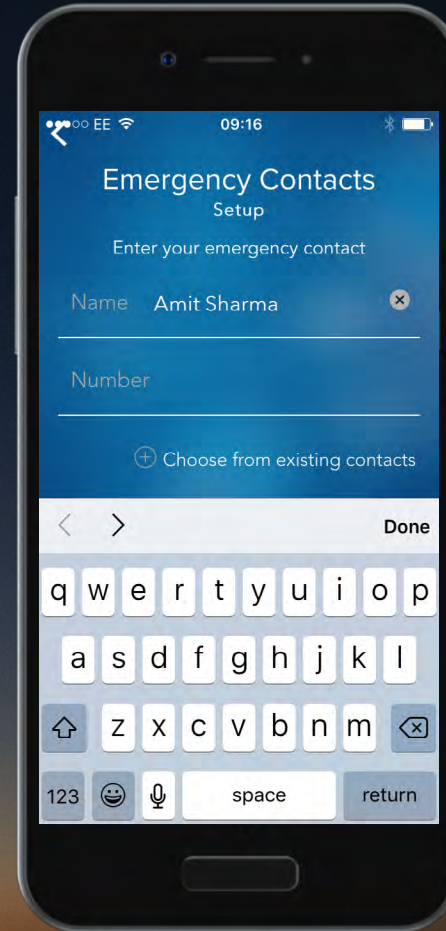
Contour[®]
plus **ONE**»
Blood Glucose
Monitoring System

20.

Emergency Contacts

Enter the name and number of your Emergency Contact using the keyboard.

Select 'Done' when complete.



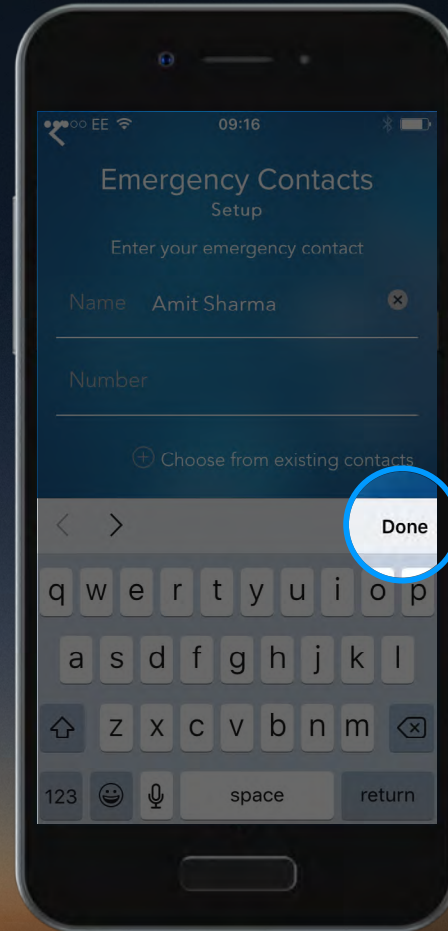
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

20.

Emergency Contacts

Enter the name and number of your Emergency Contact using the keyboard.

Select 'Done' when complete.



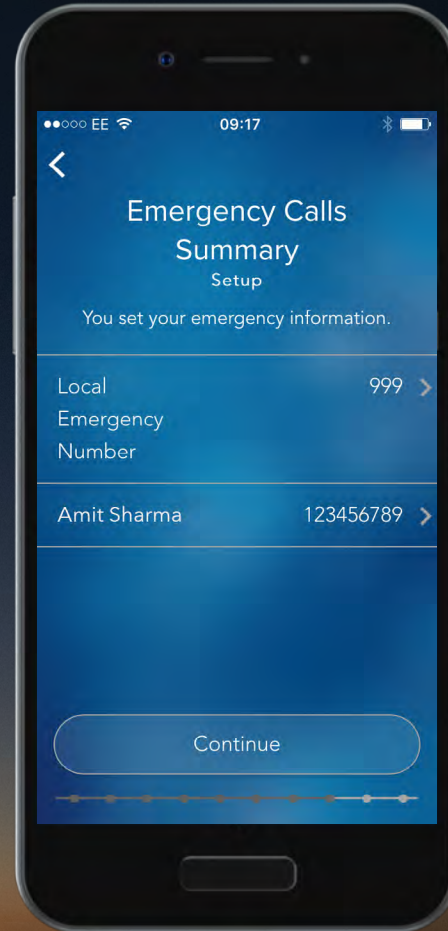
Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

21.

Emergency Contacts

You will be shown an overview of your entries.

Select 'Continue' if all are correct.



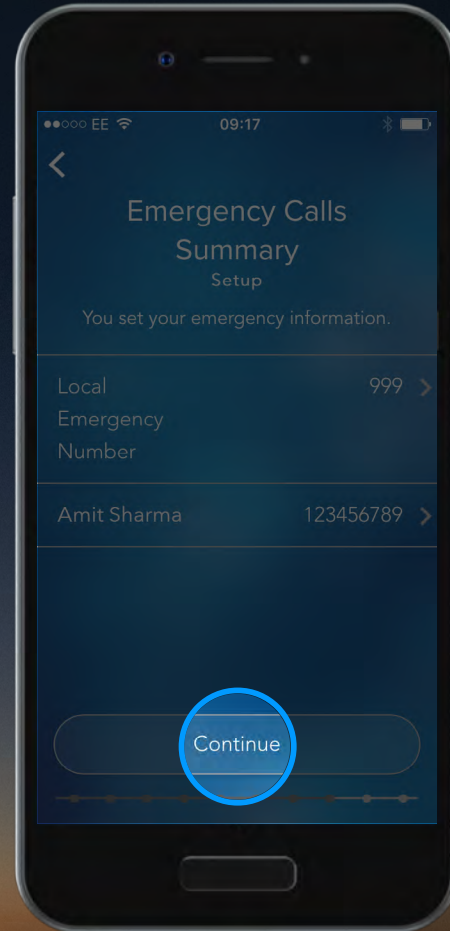
Contour[®]
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Blood Glucose
Monitoring System

21.

Emergency Contacts

You will be shown an overview of your entries.

Select 'Continue' if all are correct.

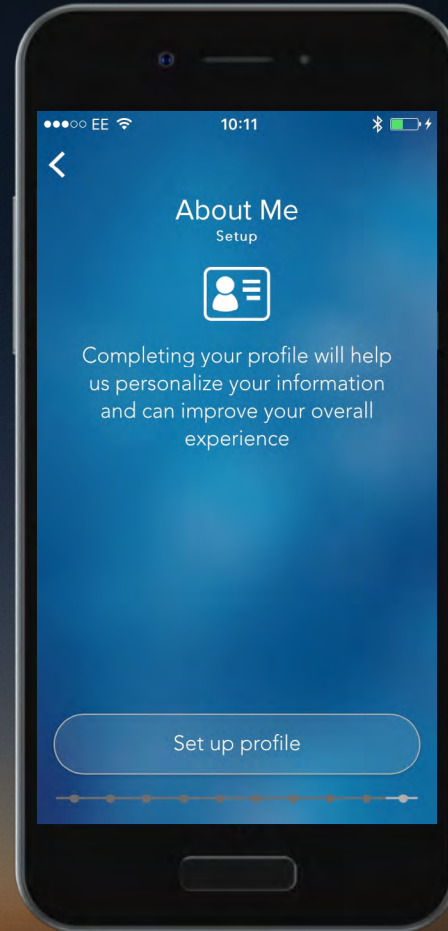


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

22.

Profile

To help personalize information and improve your overall experience, set up your profile by selecting 'Set up profile'.

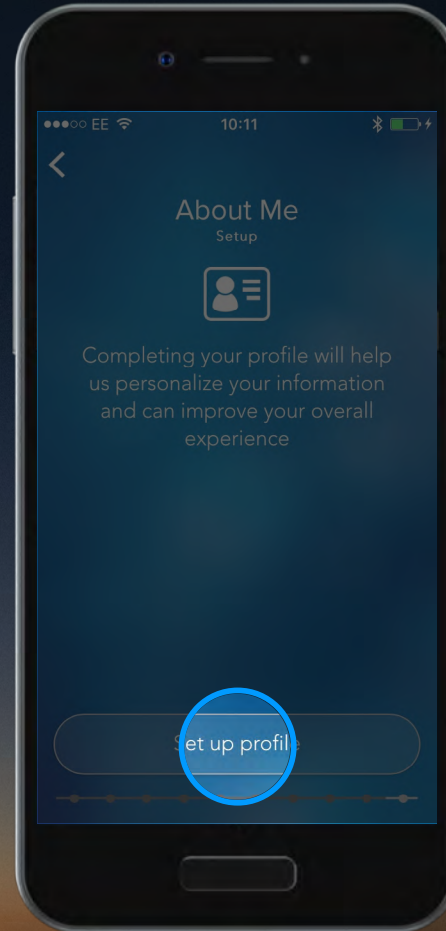


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

22.

Profile

To help personalize information and improve your overall experience, set up your profile by selecting 'Set up profile'.



Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

23.

Profile

Enter your date of birth by sliding the dates up and down and select 'Continue'.

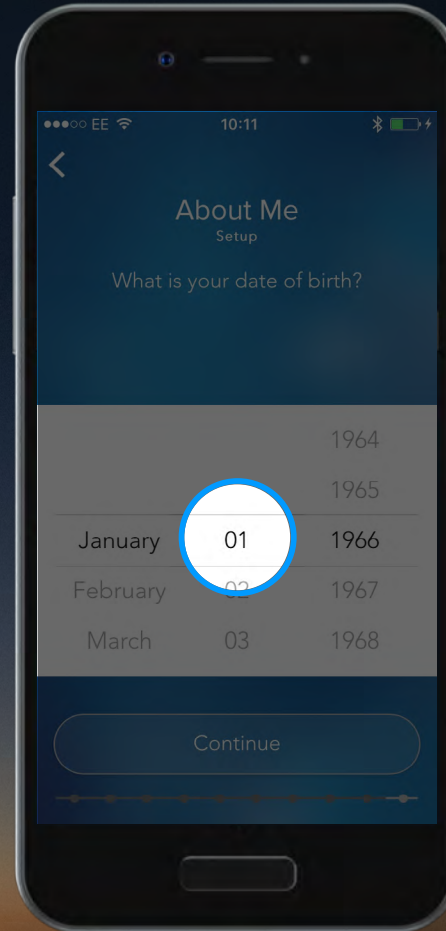


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

23.

Profile

Enter your date of birth by sliding the dates up and down and select 'Continue'.

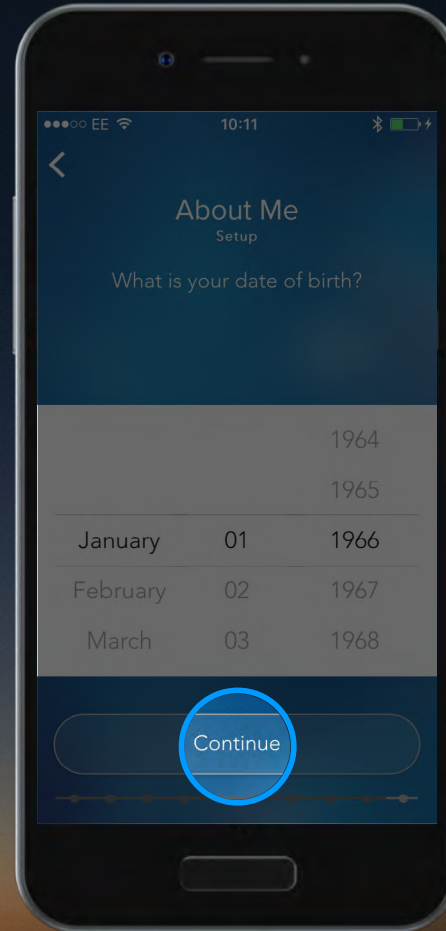


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

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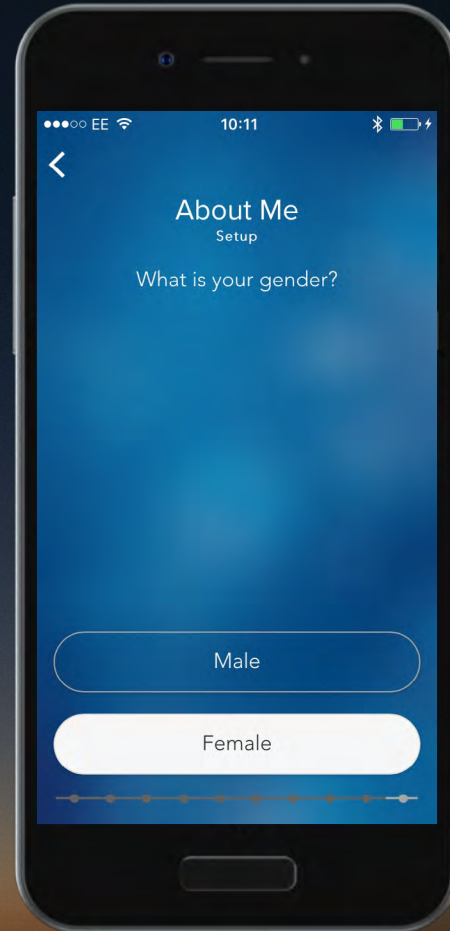


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

24.

Profile

Select your gender and 'Continue'.

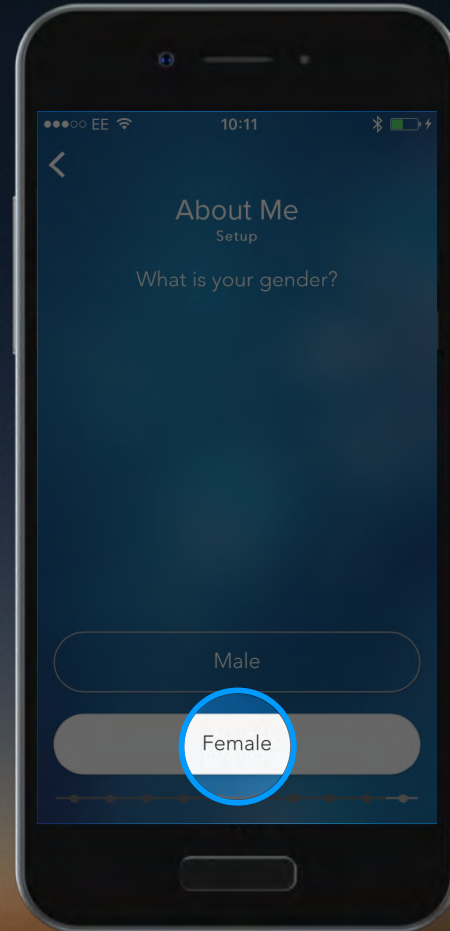


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

24.

Profile

Select your gender and 'Continue'.

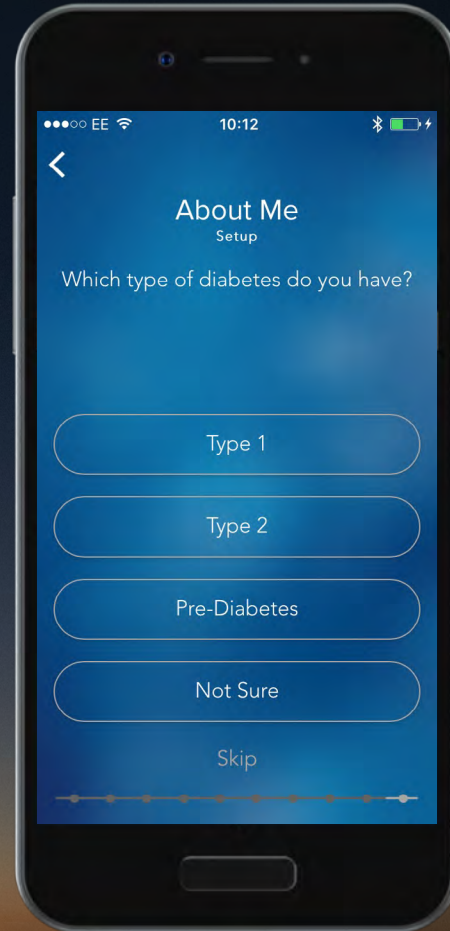


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Blood Glucose
Monitoring System

25.

Profile

Select the type of diabetes you have.

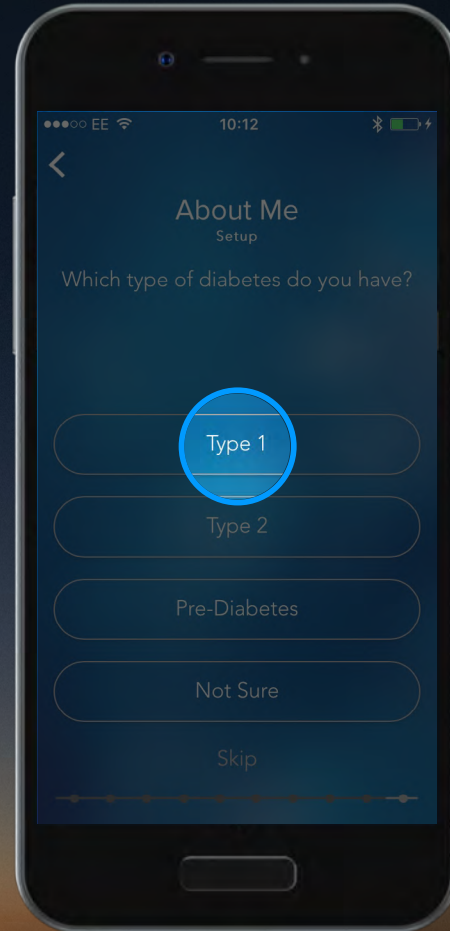


Contour[®]
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Blood Glucose
Monitoring System

25.

Profile

Select the type of diabetes you have.

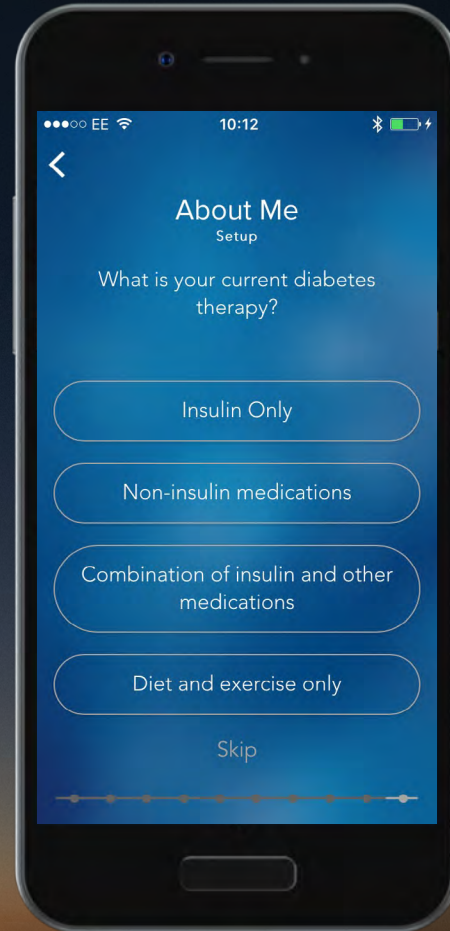


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Monitoring System

26.

Profile

Now select your current therapy.

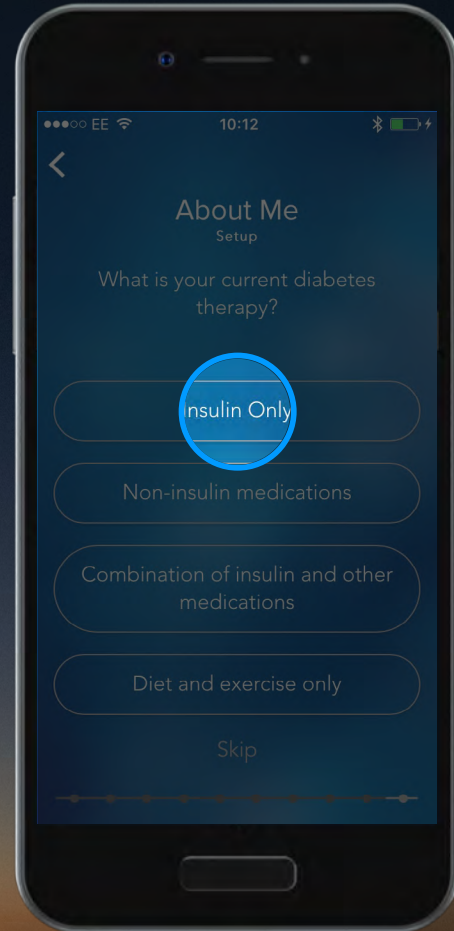


Contour[®]
plus ONE[»]
Blood Glucose
Monitoring System

26.

Profile

Now select your current therapy.



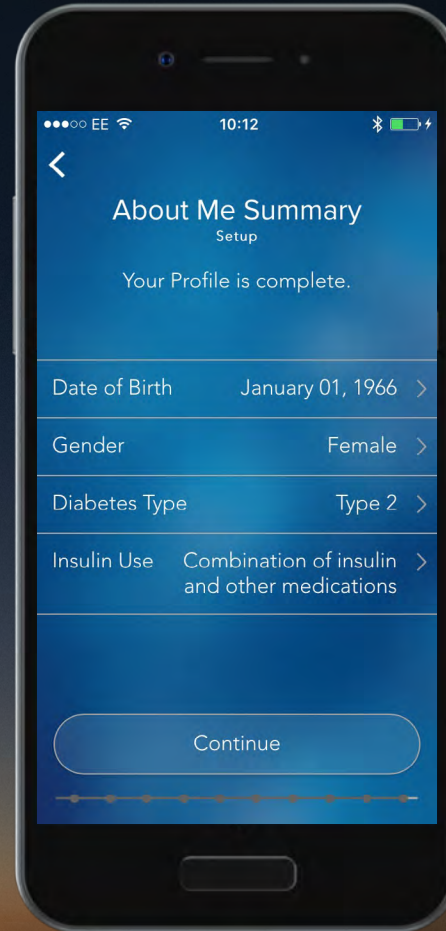
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27.

Profile

Your Profile is now complete, select 'Continue'.

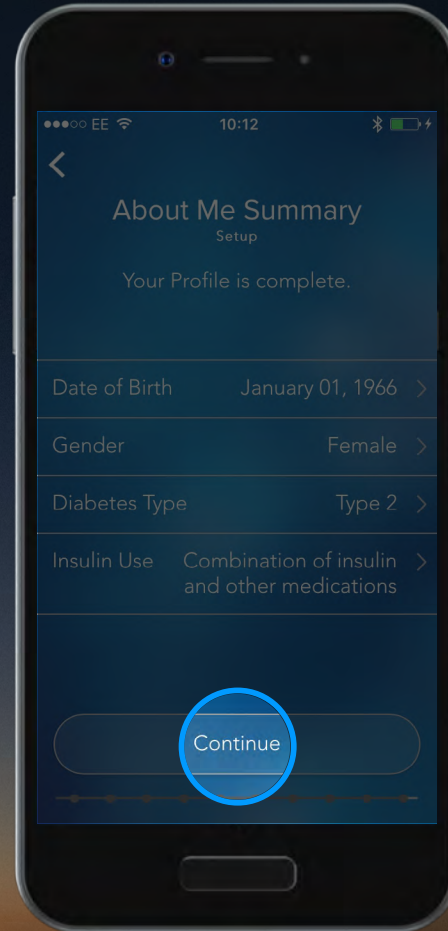


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27.

Profile

Your Profile is now complete, select 'Continue'.



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28.

Setup Complete.

Your **CONTOUR DIABETES app** Setup is now complete.

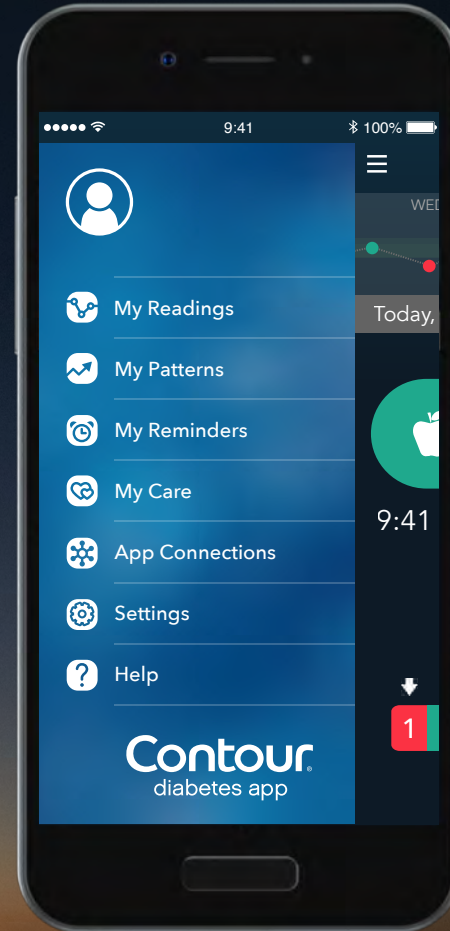


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29.

Settings

You can change any of these settings by selecting 'Settings' from the Main Menu.

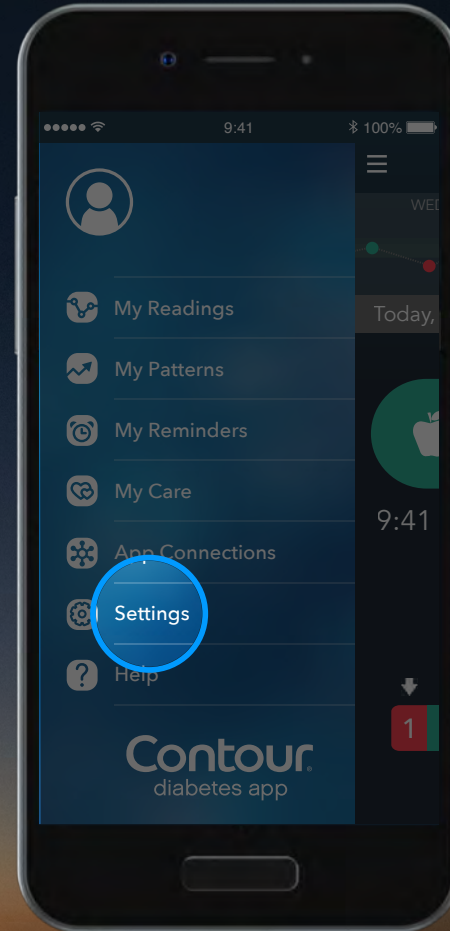


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29.

Settings

You can change any of these settings by selecting 'Settings' from the Main Menu.



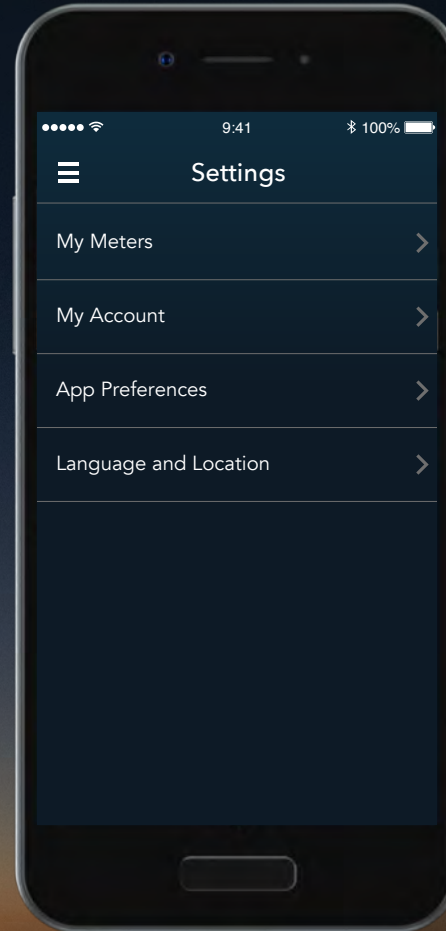
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30.

Settings

From the **Settings** menu, you can view and change details about your Meter, your Account, Target Ranges, Day Dividers, and more.



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Talk to your Healthcare Professional and refer to the product user guide if you have questions about the **CONTOUR®PLUS ONE** smart meter and the **CONTOUR™DIABETES app**.

For more information, and to find out whether these products are available in your country, visit diabetes.ascensia.com.



Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

Get the app



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